



SAMPAN

'It Could Happen to Any of Us'

By Lydia Lowe

"Ending Racism Against Asian Americans" was the title of a community forum sponsored November 21 by Boston's Vincent Chin Ad-hoc Committee. Over 50 people gathered at the Quincy School Auditorium to learn and talk about the problem of violent crimes against Asian Americans.

Racial violence has become the focus of rising local concern since July of this year, when a Vietnamese man was killed in Dorchester. Following the homicide, the *Boston Globe* published the police figure of 14 reported crimes against the city's Asian residents between January and July 1983. At that time, police said such crimes had increased in number over the past two years.

According to Lieutenant Francis Roache of the Boston Police Department's Community Disorders Unit (CDU), the number of reported crimes reached 24 in September. He indicated that the department is now "pleased because the figures reflect that at this point it's not a major problem."

Sponsors of the forum thought differently. A slideshow and guest speakers presented racial violence as a rising trend and discussed various means of challenging it. Whereas Lieutenant Roache stated that 90% of racial crimes are reported to the police, speaker Harry Yee of the Greater Boston Legal Services claimed that ten incidents go unreported for every one reported crime, citing the CDU as his informational source. Yee explained that his figure includes acts of vandalism and juvenile incidents occurring in the schools, most of which would not appear on police records.

Conducted bilingually in Cantonese and English, the forum was emceed by Caroline Chang and Peter Chan of the federal

Office for Civil Rights. Chang opened the forum with the question, "Why should I be concerned?"

She reminded the audience that racial violence affects Asian Americans from many nationalities and from all walks of life. "There are some of us who have been here longer than others," said Chang. "And it might be easier for us to say it's the new immigrants that are having the problem. I think the message we want to get across is that racism against any of these individuals ends up being racism against us."

VINCENT CHIN CASE

The Asian American Resource Workshop presented a slideshow on the case of Vincent Chin, the Detroit Chinese American clubbed to death in

1982 by two drunken white men. Chin's murderers each received a sentence of three years' probation and a \$3,780 fine. Following massive community protest and an extensive legal investigation, the U.S. Department of Justice sought federal grand jury indictments against the two defendants on charges that they had violated Chin's civil rights. (For more extensive background to the case, see July and August issues of SAMPAN.)

On November 2, a federal grand jury handed down the indictments on two counts of civil rights violations. The new case should go to court early next year, and Detroit's Asian American community has filed a civil suit for damages.

The slideshow gave background to the case as well as the nationwide movement it has



Caroline Chang, Office of Civil Rights

Racism against any Asian immigrant ends up being racism against all Asian Americans.

sparked. In an interview with Vincent Chin's mother, Lily Chin, she voiced a common sentiment, "It could happen to any of us. It could happen again...What's the matter with American law? How come people like us have no power?"

The AARW produced the slideshow in conjunction with *East Wind* magazine and the Chinatown Progressive Association of Los Angeles.

POLICE TARGET DORCHESTER

Nguyen Pham, Vietnamese interpreter for the police department's Community Disorders Unit, spoke about local violence and police services offered. Dorchester has experienced the highest number of racial crimes, mainly directed at

Vietnamese immigrants. Rosalindale, East Boston, and Charlestown have been sites of such incidents as well.

The crimes have included tire slashings, broken windows, bottle throwing, burglary, arson threats, robbery, and assault, said Pham. The perpetrators are mainly white youth between 13 and 18 years old. Many episodes begin with taunts and name calling, cries of "Chink!" and "VC!"

Pham placed part of the responsibility on the victims for not knowing English and "lacking understanding of the (American) customs." But he said the main reason for victimization was "because they are different in physical appearance."

Pham himself was the victim

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Harry Yee, Greater Boston Legal Services

Ten incidents go unreported for every one crime reported to the police. [Photos by Lydia Lowe]

Scholarship and Job Training Subcommittees Formed

By Betty Hok-Ming Lam

The dispute over land use between Tufts University, New England Medical Center (NEMC), and the Chinese Consolidated Benevolent Association (CCBA) on behalf of the Chinese community has been settled, at least for the mean time, with the signing of the Memorandum of Understanding in early September.

Chinatown got \$800,000 in the deal to be used for housing, educational needs, and job training. Now it is up to the CCBA seven-member negotiation team to tend to the details of the agreement, which include the forming of subcommittees to separately oversee the scholarship fund and job training fund.

One week after the signing of the official agreement with the university and medical center, the negotiation team met to decide on the members of the two subcommittees. They agreed that the members should be chosen because of their demonstrated expertise in the areas of education and employment, individual ability, and a general commitment to the goals of the negotiation process.

One other criteria they adopted was to have as many groups as possible in Chinatown to participate. From the list of names they compiled, no group was left out, Regina Lee, a negotiation team member said.

The Scholarship Committee is made up of nine people. They are: Ed Guen, Libby Chiu,

Michael Fung, Neil Chin, Bing L. Wong, Peter Kiang, Henry Wong, Robert Guen, and Jane Leung.

The six members of of the Employment and Training Committee are: Larry Hsieh, Chau-Ming Lee, Stephen Yi, Jacquie Kay, David Woo, and Alfred Wong.

"We found the best people to serve on the subcommittees, You have to give them credit for coming out and spending their time. They gain nothing," Bill Chin, president of CCBA, said. All members were approved by the Board of CCBA.

Although both subcommittees were formed two months ago, members have not met once yet. The negotiation team scheduled their first meeting with the subcommittees for

December 5 at China Pearl Restaurant, the purpose of which is to talk about the tasks of the subcommittees.

Before signing the Memorandum with Tufts and NEMC, Chinatown representatives did meet once with personnel and public relations representatives from the university and medical center to hear a general report on the manpower needs in the two institutions, according to Peter Chan, a negotiation team member.

However, the necessary follow up work seems to have come to a standstill due to a couple of reasons, according to Chan. First of all, most of the members in the negotiation team were very much involved in the city elections which left them little or no time for team meetings. Secondly, after a

"marathon" negotiation process with Tufts and NEMC, members needed some time to catch their breath before resuming the rounds of meetings again, Chan explained.

As for the agreement of a an option to purchase the SCM Building at 50 Herald Street, Chin said he would apply for a sum of money from the Boston Redevelopment Authority to conduct a study of the building to see if it is feasible for renovation into low-income housing.

The Board of CCBA also passed a resolution to maintain the seven-member team for high level negotiation with Tufts and NEMC in the future, and when necessary, new subcommittees will be formed to handle the details of special programs.

SILK SCREEN Series To Be Broadcast on Channel 44

Susan Steinmeyer, director of program scheduling at WGBH, announced that PBS-affiliate WGBX-TV (Channel 44) will broadcast the SILK SCREEN television series during December and early January.

SILK SCREEN is a series of six half-hour programs produced by and about Asian Americans. Hosted by Robert Ito, former co-star of the long-running series, "Quincy," SILK SCREEN was packaged for public television by the National Asian American Telecommunications Association (NAATA). SILK SCREEN has already been broadcast in Los Angeles, San Francisco, Seattle, Chicago, New York, Washington D.C., and Providence.

Steinmeyer made known her decision to air SILK SCREEN in a telephone conversation with Peter Kiang, program director of the Asian American Resource Workshop (AARW) in Chinatown.

Kiang, who had initiated a letter-writing campaign to WGBH in support of SILK SCREEN, had mixed reactions to Steinmeyer's announcement. "Of course, we're pleased that SILK SCREEN will be broadcast

locally, but there's a big difference between Channel 44 and Channel 2. Channel 2 not only gives better reception for residents in Greater Boston, it also reaches a wider audience and provides programs with greater recognition. A high quality series like SILK SCREEN should be aired on Channel 2," Kiang asserted.

Although program scheduling for WGBH was very tight, Steinmeyer said she would consider airing SILK SCREEN on Channel 2 in the coming year. Kiang suggested a target date in May to coincide with Asian/Pacific Heritage Week. He added, "The letters from organizations and concerned individuals made a big difference — the community should continue to voice its desire to see programs like SILK SCREEN on Channel 2."

The broadcast schedule for SILK SCREEN on WGBX-TV, Channel 44 is as follows:

Friday, Dec. 2, 9:30 p.m.-
Program 1: BITTERSWEET SURVIVAL

Friday, Dec. 9, 9:30 p.m.-
Program 2: SEWING WOMAN and PINOY



"Bittersweet Survival," a film examining the plight and turbulent resettlement of Southeast Asian refugees including the Hmongs, tribespeople from Laos.

Friday, Dec. 16, 9:30 p.m.-
Program 3: MONTEREY'S BOAT PEOPLE

Friday, Dec. 23, 9:30 p.m.-
Program 4: WITH SILK WINGS: ON NEW GROUND

Monday, Dec. 26, 8:30 p.m.-
Program 1: (repeat)

Tuesday, Dec. 27, 8:30 p.m.-
Program 2: (repeat)

Wednesday, Dec. 28, 8:30 p.m.-
Program 3: (repeat)

Thursday, Dec. 29, 8:30 p.m.-
Program 4: (repeat)

Monday, Jan. 2, 8:30 p.m.-
Program 5: CHINA: LAND OF MY FATHER

Wednesday, Jan. 4, 8:30 p.m.-
Program 6: TATOO CITY and EMIKO

In addition to SILK SCREEN, on Tuesday, Jan. 3 at 8 p.m., WGBX will air TO BE OURSELVES by John Wing Lum about members of Asian Women United in New York.

For more information and program descriptions, contact the Asian American Resource Workshop at 426-5313.

POLICE REPORT

15 People Arrested for Illegal Gaming

The following are some of the incidents reported to the Boston Police Department District A Station in recent weeks. District A includes Chinatown, South Cove, Downtown, East Boston, and Charlestown.

The SAMPAN publishes these reports every month with the intention of helping residents and workers in the neighborhood to stay aware of the types of crimes committed in the area and to take preventive steps to avoid becoming the victims of crime.

ILLEGAL GAMING

On November 14 detectives from the Vice Unit along with detectives from District A arrested 15 people for violation of gaming laws after the detectives set up a surveillance at 22 Tyler Street. The officers also seized a large quantity of cash and various gaming apparatus and ledgers. Those arrested for illegal gaming included 13 residents of Boston, one of Newton and one of Chelsea.

LARCENY

On November 11 a victim told police that while he was parked on Marginal Street a woman entered his car and began feeling around his pockets. The woman reached into the victim's coat pocket and stole \$150 from him. The suspect then fled on foot and was met by two other people. The three got into a cab at the corner of Marginal and Washington Streets. Officers followed the cab and subsequently stopped it with the help of Tufts University police. The female suspect, later identified as a 19-year-old resident of Dorchester, was arrested and charged with larceny from a person. The other two people were not charged with any crime.

UNARMED ROBBERY

On November 13 a victim reported that while he was walking on Essex Street he was approached by three men who assaulted and robbed him of his wallet. His wallet contained \$50 and various credit cards. The victim was brought to a Harrison Avenue address by the officers where he spotted and identified one of the men who had robbed him earlier. The suspect, a Roxbury youth, was brought to District A where he was booked and charged with unarmed robbery.

On November 16 officers responded to Boylston and Washington Streets on a report of an unarmed robbery. When the officers arrived they spoke to the victim who stated that he had been robbed of his wallet by three men. The officers then proceeded with the victim to Essex Street where he spotted one of the men who had robbed him. The officers then placed the suspect, a 27-year-old resident of Jamaica Plain, under arrest for unarmed robbery.

Attention Readers

Because many of you on the SAMPAN mailing list received your re-subscription forms late, we will be accepting replies through the end of this month.

If you wish to continue having the SAMPAN mailed to you, please complete and return your form to our office by December 31, 1983.

Thank you for your co-operation.

QSCC Adult ESL Program Graduates 35, Opens New Semester

On December 15, the Quincy School Community Council (QSCC) Adult English as a Second Language (ESL) Program will graduate 35 students. All the students have completed the regular five-semester bilingual program of instruction focusing on practical English. In addition, they have all received one additional semester of all-English instruction in order to prepare them for more advanced job training programs or to directly enter the English speaking job market.

On January 9, the QSCC Adult ESL Program will begin its next semester. The Program will offer bilingual instruction in beginning and intermediate level ESL as well as monolingual

instruction in advanced intermediate ESL. All classes are supplemented by access to the Program's Language Laboratory. Tutors also are available for students who cannot attend any of the regularly scheduled classes (Monday through Thursday, 1-2:30 p.m., 4:45-6:15 p.m., and 6:30-8 p.m.).

Although the beginning and intermediate level classes have long waiting lists, the waiting lists for the more advanced classes are shorter and the waiting periods briefer. However, anyone interested in registering for the higher level classes are encouraged to do so as soon as possible. Registration is held Wednesdays from 4-6:30 p.m. at QSCC, 885 Washington Street, Boston.

Boston Chinese: YES Offers Free Educational Classes for Parents and Youth

Boston Chinese: Youth Essential Service, 199 Harrison Avenue, Boston (tel. 482-4243) is offering educational classes to parents and youth free of charge.

For parents of teenagers, a beginner's class in English as a Second Language (ESL) is held Monday through Thursday from 10:30 a.m.-12 noon. An intermediate class is given Monday through Thursday from 12 noon-1:30 p.m. For more information or to enroll, contact Berta Kundert at YES.

For our-of-school youths ages 16 through 21, classes in Advanced English and Preparation

for High School Equivalency Exam (GED) are offered Monday through Friday from 10 a.m.-12:30 p.m. (morning class), 11:30 a.m.-2:00 p.m. (afternoon class), and 4:30-7:30 p.m. (evening class). For more information or to enroll, see Sam Forter at YES.

Boston Chinese: YES also is seeking volunteer tutors for its After-School Tutoring Program (2:30-6:15 p.m.). Many of its middle and high school students need help with their homework in English, Math, Science, and Social Studies. If you think you can spare a few hours each week, call or visit David Lewis at YES.

International Institute to Begin Registration for ESL Classes

Winter term classes in English as a Second Language begin on January 16 at the International Institute of Boston. Registration for the winter term is January 9, 10, and 11 from 10 a.m.-8 p.m. All levels are taught and some special interest classes are provided.

Through the Institute's classes, students of different backgrounds can develop their language skills while increasing their awareness of American culture. All English language

skill areas are taught by professionally trained and experienced instructors. These include conversation, listening comprehension, grammatical structure, and reading and writing. The Institute's Language Program was recently accredited by the Council for Noncollegiate Continuing Education.

For more information, come in to the International Institute at 287 Commonwealth Avenue in Boston or telephone 536-1081.

SAMPAN

Editor-in-Chief:
Gloria Chun

Managing Editor:
Doris Sue Wong

Chinese Section Editor:
Betty Hok-Ming Lam

Contributing Writers:
Phil Chew, Danny Chin,
Tom Chung, Fred Wei-Han
Houn, Betty Hok-Ming
Lam, Lydia Lowe, Roy J.
Watson, Jr.

Translators:
Betty Hok-Ming Lam, Man
Shiu Yung

Design and Layout/
English Section:
Lydia Lowe, Doris Sue
Wong

Design and Layout/
Chinese Section:
Alven Lam, Betty Hok-Ming
Lam

Circulation Manager:
Edward McInnis

Distribution Fulfillment:
Henry Leong, CACA Staff

Subscription Fulfillment:
CACA Staff

Special Assistance:
Gloria Chin, Betty Wong

Printer:
Charles River Publishing

Typesetting/English
Section:
Ginny Chew, Peter Nien-
chu Kiang, Cathy Lee,
Mabel Ng, Doris Sue Wong

Typesetting/Chinese
Section:
New York Chinese Photo-
Type Co.

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BCBA Holds Second Annual Bowling Tournament

Godfrey Chin and David Gee October 30 topped the Boston Chinese Bowling Association (BCBA) second Invitational Doubles Tournament at Quincy Wonder Bowl.

After a preliminary of three games, the "cut" of 985 was announced. This cumulative score allowed the top eight of the 27 participating teams to advance to the championship finals by head-to-head one game elimination rounds. Chin and Gee showed all the bowling fans that they had the "right stuff" by battling all the way to the exciting finals match from their initial eighth place roll-off position to eke out Howard Lee and Ewing Quan 374 to 349. Chin and Gee received the First Place check of \$400 and trophies proclaiming them as the tournament champions.

Other prize winners included: Howard Lee and Ewing Quan, second place (\$200); Robert Chin and Neward Yee, third place (\$100); Lucky Pradewa and Tatang Nugrama, fourth place (\$75); John Chin and Jasper Chin, fifth place (\$70); Vincent Szeto and Tak Man Lui, sixth place (\$65); Michael Moy and Diane Ng, seventh place (\$50); Edmond Wu and Randall Moy, eighth place (\$40); and Gary Wong and Teddy Wong, ninth place (\$30).

The twenty-seven teams that entered this tournament included eighteen new members to the BCBA, a nonprofit association which seeks to promote greater interest in ten-pin bowling among the Chinese community. The prize fund of \$1000 was provided by the China Pearl Restaurant, Ho Toy Noodle Inc., Imperial Tea House, and Sun Sun Co.

Harry Moy, chair of the BCBA Board of Directors, stated that the association was formed to give Chinese bowlers in this area the opportunity to have fun and still bowl competitively. He attributed the success of its tournament to the generous one-in-three prize ratio and the 350 ceiling that was set to encourage lower average bowlers to enter and try their skill.

The BCBA is currently in the process of planning several events. The next tournament has been tentatively scheduled for Chinese New Year.

Project Bread Donates \$5000 to Golden Age Center

The Greater South Cove Golden Age Center Nutrition Program recently received a \$5,000 grant from Project Bread.

Over 5000 people joined Project Bread's 1983 annual walk which raised \$400,000 through pledges.

The money raised was awarded to food pantries, soup kitchens, and nutrition programs to combat hunger.

Developers Required To Hire 25% Minorities

Mayor Kevin H. White has signed into law an ordinance requiring developers to hire 50 percent resident construction workers on all city-assisted development projects.

In addition to the residency requirement developers are required to hire 25 percent minorities and 10 percent females on these projects.

STAYING WELL

Keeping Healthy in the Later Years

Staff members of the South Cove Community Health Center are happy to produce a monthly series on health promotion. These articles are aimed at:

1. Improving the knowledge and understanding of common medical disorders.
2. Promoting good health through education about common preventive practices.
3. Facilitating access to the health care system through awareness of insurance coverage, health care plans, etc.

By Danny Chin, M.D.

At present, there are approximately twenty million Americans over the age of 65 (11% of the U.S. population). Each year the proportion of elderly increases so that by the year 2000, 12.5% of the population is expected to be older than 65.

Nevertheless, no statistic is more impressive than the realization that sooner or later everyone grows "old". By the year 2000, most readers of this article, as well as this writer, will have reached at least middle age, 40-60 years. If the subtle effects of aging are not apparent to oneself, one can easily see it in friends and relatives as their bodies, personalities, and social relationships undergo unmistakable changes.

This installment of *Staying Well* examines common misconceptions about old age and proposes some simple ways to stay healthy in the later years.

Old age is something people do not like to think about. It is commonly associated with loneliness, physical incapacity, loss of income and most important, loss of life. Yet, there are many people who are quite happy in their later years. By taking care of their bodies and maintaining an optimistic attitude, old age can be an enjoyable time. The following facts dispel some common fears about old age.

1. Old age does not mean "senility". The media in books and television unjustly characterize the elderly as forgetful, confused, boring people. In reality, people retain most of their mental capacity in the later years. Apparent changes in intellect and personality are often the result of behavioral changes brought on by sensory deprivation from diminished hearing and vision, emotional stress from loneliness or depression, or side effects from drugs. These behavioral changes can be corrected if proper preventive measures are taken. On the other hand, only 4-6% of people over 65 have dementia which is characterized by forgetfulness, confusion and diminished intellect. Less than 15% of people age 65 or over have disabling mental disorders. There are many examples

of elderly who are performing at exceptional mental capacity. This includes the recent Nobel Prize winner in medicine, who at 80 years of age is still doing active research. Most elderly are not "senile." Their behavior, which is also affected by low income and social isolation, is often misinterpreted as "senility".

2. Elderly as a group are not dependent. By this I mean that most elderly do not require nursing homes, chronic hospitalization, homes for the aged, or live-in situations with relatives. Only 5% of the population over 65 live in institutions. Furthermore, only 18% live with children or other relatives. Within this group are some where the dependency roles are reversed. The children or relatives depend on the elderly for social and economic support. With minor assistance most elderly manage their own households and carry out normal activities by themselves. It is a fact that 80% of the nation's elderly live independently.

3. Old age does not necessarily mean illness and debility. Though it is true that as people age, they usually develop one or more chronic ailments, these are not necessarily disabling. Many illnesses associated with old age such as degenerative arthritis, mild heart conditions, decreased hearing and vision can be compensated for by simple measures. It is a fact that 82% of the elderly who live independently are in moderately good health. Moreover, 13% of the elderly are still in the labor force. The number would be higher if forced retirement was not so prevalent.

Misconceptions about old age affect our decisions about our own health as well as that of the elderly. If old age is viewed as an inevitable state of disability and illness, preventive measures are less likely to be practiced. For the young, adopting healthy lifestyles can minimize the chances of acquiring a disabling chronic illness that can make the later years miserable. There is enough evidence, for instance, to link smoking to chronic lung disease, cancer, and heart disease. Abstinence from smoking can minimize these conditions in old age. For the elderly behavioral changes as well as physical complaints should signal a visit to a physician for further investigation. An older person's withdrawn behavior for instance, may in fact be due to depression from the loss of a loved one, and underlying illness, or the side effects of medication. These changes are usually detected by friends and relatives and should not be dismissed as "senility".

The following common sense advice on health habits. and

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IMMIGRATION NEWS

Entering the U.S. as a Student

By Roy J. Watson, Jr.

One of the more prominently used visa categories is that of a Student. One can be a student in any one of three visa categories. An F-1 visa is issued to students taking an academic or language program, an M-1 to vocational students, and a J-1 to exchange visitors. The J-1 program includes students along with several other categories that may allow full-time employment. However, there is a risk that certain J-1 exchange visitors may be subject to a requirement that they return and live in their home country for two years before they can accept employment in the U.S. as a nonimmigrant in the H or L categories or become a permanent resident. The complex J-1 classification will be separately discussed in a later article.

Nonimmigrant categories generally require that you show a legitimate purpose for your entry and your intention to depart at the conclusion of your authorized stay. Students are no exception. Section 101(a)(15)(F) of the Act, as amended, specifically requires that you show that you have a residence in a foreign country that you have no intention of abandoning. You must show that you are qualified to be enrolled as a student and that you are seeking entry "temporarily and solely for the purpose of pursuing such a course

of study." The statute requires that the school or institution must be "particularly designated" by the applicant and must be one which is specifically authorized by the Attorney General for a "full course of study."

State department regulations (22 C.F.R. Sec. 41.45 (a)) require that in order to get a visa, you must demonstrate to a consular officer that: (1) you will engage in a "full course of study"; (2) the school is authorized by the Attorney General; (3) you have sufficient funds to carry out your course of study *without seeking employment while in the U.S.*; (4) you are proficient in English or that you will receive proper training to pursue your course of study; and (5) you will leave the U.S. when you have completed your course of study. You must also provide the consular officer with a Form I-20A-B, which is generally sufficient to show that the school is properly authorized and that the course of study is "full time."

The two issues most commonly raised for denying such a visa are questions as to financial support and the intention to return. The student must show that sufficient funds are or will be available to cover not only tuition, but also all other living expenses while in the U.S. You need not show that the entire amount is immediately

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FINANCE

How to Pick a Stock

By the Money Man

As many of you know, my favorite game is the stock market. In the many years I've been involved with advising individuals and institutions, I have been asked many times on how to pick a stock. We all have differing approaches; however, there are basic do's and don'ts that must be adhered to.

One of the first questions relates to the gathering of information to begin an analysis of where and when to invest. One publication that is vital is the *Wall Street Journal*. The *New York Times* is equally as good and, in many instances, has information that is not in the *Journal*. Further, there are innumerable free reports, brochures, and statements from brokerage firms. Pay attention to economic forecasts by private as well as government agencies. In addition, there are advisory services that have excellent track records and that are available through relatively inexpensive trial subscriptions.

Another question to be answered is the one involving one's own makeup. Are you a short term speculator or a patient long term holder? Do you need or want income? Understanding your emotional makeup is important. You may, for instance, say you want long term growth but at the sign of the first price weakness you panic and sell—unwilling to accept the slightest adversity. Can you accept a loss?

Here are some basic ideas in selecting stocks:

1. Buy the strongest stocks in the strongest groups.
2. Let your profitable holdings ride while periodically selling the

weak ones. The opposite is usually the case—selling the profitable stocks and holding the weak ones. Before long, your portfolio will consist of all losers.

3. Be contrary. That is, when everyone is pessimistic and prices are low, you should be buying. Conversely, when everyone is clamoring for your stock, sell it to them.

4. Use stop-loss orders. This is a method whereby a stock is sold at a pre-determined price that is lower than current levels. This approach will get you out of a stock and prevent a large loss.

5. Pick the right industry group through your reading and research. Stay with the strongest stock: a leader in products, large size, financial strength.

6. There will always be bull or bear markets. During bear markets, preserving capital becomes all important.

7. Know when to sell. You make a decision when you buy a stock. You must also make another to sell within certain parameters which you have set. For instance, after a double, breaking an uptrend line, or not accepting or allowing more than a 10% decline from its most recent top point.

8. If you *must* listen to *any* story, it is well to be aware the "advisor" may have heard the story third-hand. Furthermore, there are people who are born losers. Be contrary and do the opposite because they'll always be wrong. Ask yourself, "Who is this person giving me this advice?" "Why?"

9. Diversification will limit your risk; however, over-diversification will also limit your gains. A closely monitored concentrated list is better in my estimation. A little luck also helps.

* Keeping Healthy

Continued from page 3

attitudes can improve the quality of life for the aged. These can be used as a guide by the elderly as well as concerned friends and relatives.

1. *Regular checkups* — If you already have a medical problem, be sure to follow your doctor's orders. Take medicine as directed and be sure to keep scheduled appointments. If you do not have any specific illness, it is wise to get a general check-up once a year if you are over 60 years old. The annual check-up is a good time to screen for high blood pressure, diabetes, cancer, and to discuss other problems.

2. *Influenza Shot* — Elderly are at risk for more serious complications from influenza and pneumonia. A flu shot is recommended for all those more than 65 years old. Younger people with chronic diseases of the heart, lung, kidney, or diabetes should also get a yearly flu shot.

3. *Nutrition* — Nutritional requirements for the active elderly person are generally the same as for the younger person. Unfortunately, elderly often eat less than they should because of factors beyond their control, i.e., lack of income, lack of transportation, or physical immobility from illness. Food choices are also compromised because of poor dentition, swallowing and digestive problems, and disabling illness. Because of these factors, elderly are at risk for developing nutritional deficiencies which in turn lead to increased susceptibility to disease. Elderly should have three well balanced meals per day. Vitamin supplements can be helpful but should be discussed with your physician. A nutritionist can assist in planning low cost, balanced meals. Lunch programs at the elderly center provide a social gathering conducive to good eating habits. For the homebound, meals-on-wheels can deliver wholesome meals to the home.

4. *Exercise* — Contrary to popular belief, the need for physical activity does not decrease with old age. Furthermore, the risks of vigorous exercise in the old age are overexaggerated. Persons of any age should perform some form of exercise on a regular basis. In old age, two kinds of exercise are especially important. Flexibility and stretching exercises warm up muscles and loosen joints to

prepare them for stress. T'ai Chi Chuan or other similar stretching exercises can be done by elderly of any age and any physical condition. The other kind of exercise involves aerobics — repeated movements done rapidly to increase breathing and heart rate. For the elderly, walking and light jogging can be done without danger to one's health. The benefits of exercise include: increased appetite, better sleep, reduction in blood pressure, reduction of tension and depression, increased alertness, and a general sense of well-being. It is wise to check with a physician before attempting any strenuous physical activity.

5. *Eye Care* — The aging process causes slow but steady changes in the eye. Gradual deterioration of vision can lead to behavioral changes often attributed to other causes. Yearly exams are recommended for persons more than 60 years of age to check visual acuity and screen for glaucoma and cataracts. Glasses can improve vision, while effective treatment is available for glaucoma and cataracts.

6. *Dental Care* — Poor dental care is unsightly and affects nutrition. The two most common dental problems in the elderly are gum disease and cavities. These can be prevented with proper care and regular visits to a dentist. If necessary, proper dentures can be fitted to improve the quality of life.

7. *Hearing Aids* — Hearing loss associated with aging causes elderly to have difficulty understanding speech. Words are distorted and tend to be a jumble of sounds. Because hearing loss is gradual, elderly can make adjustments to compensate for the loss without realizing the severity of the hearing loss. Also, early recognition is delayed because of the stigma of hearing loss. Most elderly can improve their hearing with the use of hearing aids. Hearing aids are so small today that they can be worn without detection. The President of the United States, Ronald Reagan, wears one in his right ear that is barely detectable.

8. *General Hygiene* — Elderly should take care to maintain their general appearance. Hair, clothing, posture, and general cleanliness are important factors that increase the chance of pleasant social interactions with others. General appearance should reflect your age without trying to look younger than you are.

9. *General Attitude* — Last but not least, try to adopt a healthy attitude about old age. Avoid thinking about death and your ailments. Try to laugh at yourself and the frailties of old age. Maintain interests in reading, television, hobbies. Avoid being alone. Seek out new relationships with people similar to your age. Try to participate in outings and social gatherings set up by community group.

Volunteers Needed at Quincy School

The librarian at the Quincy Elementary School, Margaret Bernabei, is looking for one or two parents to help her with duties in the library on Thursdays between 10:00a.m. and 1:00p.m. Most of the students who use the library at that time are Chinese children, so help from Chinese parents would be especially welcome.

The helpers would put books back on the shelves, stamp books taken out of the library, and tell stories and lead other activities for small groups of children.

For more information about this and other volunteer opportunities, please speak with Bernabei at the Quincy School or call David Gordon of School Volunteers for Boston at 267-2626.

MBTA Meeting to Review Transport Alternatives

A meeting has been called by the MBTA to review transportation alternatives in Chinatown, South End, Roxbury, and North Dorchester.

The MBTA is in the process of relocating the Orange Line to the Southwest Corridor and will be tearing down the Washington Street Elevated structure from the Massachusetts Turnpike to Forest Hills. A study is underway to evaluate transportation options to replace the Roxbury/South End/Chinatown service on Washington Street from Dudley Square to downtown and improve crosstown service through North Dorchester and Roxbury from the Red Line to the relocated Orange Line.

Bus and light rail options will be reviewed at the meeting which will be held on Thursday, December 15 at 6 p.m. at the Dudley Branch of the Boston Public Library, 65 Warren Street. For more information, please call 427-7060.

Christmas Toy Drive Underway

Action for Boston Community Development (ABCD) is now accepting new unwrapped toys for its tenth annual Christmas toy drives for children up to age 12 in Boston's low-income neighborhoods. The toy drives are being co-sponsored by WCVB-TV Channel 5 (Metro-media) and First American Bank for Savings.

Toys can be brought to Channel 5 studios, 5 TV Place, Needham; First American Bank for Savings offices at 80 Arch Street, 510 Boylston Street, 572 Columbia Road, 569 Washington Street, 731 Morrissey Boulevard and 1625 Blue Hill Avenue in Boston, 77 Granite Street in Quincy, or 438 Washington Street in Stoughton; or ABCD headquarters at 178 Tremont Street in Boston.

For more information, please call 357-6000 extension 286.

Neighborhood Awards Program

The National Conference of Christians and Jews (NCCJ) is currently accepting nominations for its annual Neighborhood Awards program for the Northeastern Region.

The program honors individuals who have volunteered their time, efforts, and talents, without thought of reward or recognition, to make their neighborhoods a better place to live.

Nominations must be submitted by December 31, 1983. To obtain nomination forms, call the NCCJ office at 523-7510.

Massachusetts Bay Transportation Authority 50 High Street Boston, Massachusetts 02110

NOTICE TO CONTRACTORS

Sealed bids for M.B.T.A. Contract No. S5CN05 Station Modernization and Platform Lengthening, Cambridge Center/MIT Station, Cambridge, Massachusetts (Class 1 - General Transit Construction or Class 7 - Buildings, Project Value 81.0) will be received by the Director of Construction at the Contract Administration Office, 5th Floor, 50 High Street, Boston, Massachusetts 02110, until two o'clock (2:00 p.m.) on January 5, 1984. Immediately thereafter, in a designated room, the proposals will be opened and read publicly.

Work consists of the demolition and removal work, excavations and foundations, new tunnel portion, new platform work, two new headhouses with new stairs, elevators and escalators, and refurbishing of two existing stair entrances, including site work and site improvements, concrete work, masonry unit work, miscellaneous metal work, carpentry, waterproofing, roofing and sheet metal, doors and frames, glazing, finishes, plumbing, HVAC, and electrical work.

This Contract is subject to a financial assistance contract between the M.B.T.A. and U.M.T.A. of the U.S. Department of Transportation.

Each prospective bidder proposing to bid on this Project must be prequalified in accordance with the Authority's "Procedures Governing Classification and Rating of Prospective Bidders." Copies may be obtained from the Contract Administration Office at the above address. Requests for prequalification for this Project will not be accepted by the Authority after the tenth (10th) day preceding the date set for the opening of bids.

Prequalified bidders may obtain from the Contract Administration Office a "Request for Proposal Form" which must be properly filled out and submitted for approval.

Bidding documents may be obtained from the Contract Administration Office at the address above from 8:30 a.m. to 4:00 p.m. after December 6, 1983, Monday through Friday at a charge of \$50.00. Half size Contract Drawings may be requested for convenience purposes only, at a charge of \$25.00 per set. The Authority's General Requirements and Covenants (1978 Edition of Division I) as amended, is available at a charge of \$5.00 per copy; the Authority's Standard Specifications, Construction, dated January 1980, is available at a charge of \$15.00 per copy. Geotechnical Data Reports and Geotechnical Interpretive Report may be purchased at a charge of \$30.00 per volume. Bidding documents will be mailed by parcel post upon request and receipt of an additional postage and handling charge of five dollars (\$5.00), payable by separate check. If requested, documents will be forwarded by Air Freight, where such service is available, at the expense of the plan holder. NONE OF THESE CHARGES ARE REFUNDABLE.

Bidders attention is directed to Appendix 1, Goals and Timetables for Female and Minority Participation in the Construction Industry; and to Appendix 2, Supplemental Equal Employment Opportunity, Anti-Discrimination and Affirmative Action Program in the Specifications. In addition, pursuant to the requirements of Appendix 3, Minority Business Enterprise (MBE) Provision and Womens Business Enterprise (WBE) Provision, each Bidder shall take Affirmative Action and shall comply with the Minority and Womens Business Enterprise Participation Provisions of the Contract to achieve the stated goals for the utilization of MBE and WBE in the performance of work under this Contract. Bidders shall submit an assurance with their bids that they will make sufficient reasonable efforts to meet the stated goals of MBE Ten (10%) percent and WBE Two (2%) percent.

Bidders will affirmatively insure that in regard to any contract entered into, pursuant to this solicitation, minority and female construction contractors will be afforded full opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, color, religion, sex, or national origin in consideration for an award.

Bidders will be required to comply with Federal equal employment opportunity regulations and the President's Executive Order No. 11246 and any amendments or supplements thereof.

Authorization for the bidders to view the site of the work on the M.B.T.A.'s property shall be obtained from the office of the Project Manager-Construction, Mr. James McGowan, 58 Day Street, West Somerville, Massachusetts 02144, (telephone 617-722-5806). A Prebid Conference will be held on December 20, 1983 at 10:00 a.m. at the Masonic Temple, 1950 Massachusetts Avenue, Cambridge, Massachusetts. Any request for interpretation of plans and specifications should be submitted in writing at the same time.

Bidders will be required to certify as part of their proposal that they are able to furnish labor that can work in harmony with all other elements of labor employed or to be employed on the Work.

All bidders are advised that the "Buy America" provisions of the Surface Transportation Assistance Act of 1982 (Pub. L-97-424) apply to any contract, procurement, or agreement which results from this solicitation.

Proposal guarantee shall consist of a bid deposit of \$405,000.00 in the form of a bid bond, cash, certified check, treasurer's or cashier's check issued to the M.B.T.A. by a responsible surety, bank or trust company.

The successful bidder shall be required to furnish a Performance Bond and a Labor and Materials Payment Bond each for the full amount of the Contract Price.

The Authority reserves the right to reject any or all Proposals, to waive information, to advertise for new Proposals or proceed to do the work otherwise, as may be deemed to be for the best interests of the Authority.

To You, From Us

Asian American Art for Holiday Gifts

As the holiday season approaches, I would encourage buying Asian American Art for gifts. This not only reflects your pride and cultural sensibility as an Asian American, but also offers your friend or loved one something that is enjoyable, inspirational, and perhaps educational as well. After all, Asian American identity is expressed through one's cultural affirmation — the music that stirs you, the literature that moves you, the visual designs and colors that are most familiar to you. Asian American Art and Culture is about you as it emerges from and affirms your peoplehood and way of life.

Buying Asian American Art is also a direct way to support the continuing creative work of Asian American artists, musicians, and writers. Having an Asian American novel, poetry collection, art print or album is something that is enduringly beautiful and enlightening. The following is an annotated list of some new and recommended art gift items. It is certainly not a complete list and represents this author's own aesthetic and content preferences. But I believe that these are noteworthy works in Asian American Art and Culture by any Evaluation.

— Prepared by Fred Wei-han Houn

LITERATURE

Island: Poetry and History of Chinese Immigrants on Angel Island, 1910-1940, edited by H.M. Lai, G. Lim, J. Yung, available from San Francisco Study Center, P.O. Box 5646, San Francisco, CA 94101, paperback: \$8.95. An extremely important collection of Chinese and English translations of the early folk culture/poetry of Chinese America. These barrick-inscribed poems on Angel Island are a collective testament to the fierce and poignant expression of the immigrant detainees. The fact that this book is bilingual is also significant to demonstrate and enhance an understanding of the *continuum* of Chinese American culture and experience. Author Genny Lim tells me that 5000 copies were originally published and most have been sold.

Asian American Literature: An Introduction to the Writings and Their Social



Context, by Elaine Kim, Temple University Press, Broad and Oxford Streets, Philadelphia, PA 19122, (215)-787-8787, \$29.95 hardback only. A pioneer work, highly recommended, important, comprehensive and extremely detailed in its socio-historical analysis of the literature written in English by Asians in America. A must for any serious understanding of this aspect of Asian American culture. However, it can not be presumed that Asian American literature is only the literature written in English since a great bulk of the writing and expression of immigrants and from the Asian communities is in the native Asian languages, or a combination of both. Thus there remains the need for a further study of this essential area.

Yoisho! Edited by Japantown Art Media Writers Workshop, 1852 Sutter Street, San Francisco, CA 94115, (415) 567-3851, \$3.75. An anthology of poetry and short stories by students of the JAM Creative Writing workshops. The writing quality is fair and the content of the

writings strikes me as somewhat shallow, but there are some touching pieces.

East Wind Magazine, P.O. box 26229, San Francisco, CA 94126, Individual subscriptions are \$8 per year. One of the strongest periodicals to emerge from the Asian American Movement, a nationwide effort by longtime and recent activists and artists. A good balance between politics and cultural features. A subscription to this attractive and substantive magazine would make for a nice gift.

With Silk Wings by Elaine Kim, San Francisco Study Center, P.O. Box 5646, San Francisco, CA 94101. \$10.95 plus \$1.50 handling; **Dear Diane** (Chinese/English; Korean/English; or English editions), \$4.95 plus \$1.30 handling. The former is a very attractive photo-essay profiles of Asian American women in many walks of life and confirms the many contributions of the sisters. The latter was previously reviewed in SAMPAN, June 1983. However, both

works have a marked tendency to advocate "getting oneself together" and "making it."

Awake in the River, by Janice Mirikitani, Isthmus Press, Box 6877, San Francisco, CA 94101. \$5.00. It's great that a second printing was done of this powerful and inspiring collection of poetry by the potent poetic voice of Janice Mirikitani. Her poems are at the same time personally intimate and world-spanning. The work is rich, deep, and beautiful.

Wings for Lai-Ho, an illustrated children's book by author Genny Lim and artist Andrea Ja. Previously reviewed in SAMPAN, June 1983.

Broken Promises by David Henry Hwang, Avon Books, 959 8th Avenue, New York, NY 10019, \$3.95. Four plays by David Hwang, an important figure in Asian American theatre today. This collection includes his newest adaptation of a Kurabata play, "The House of Sleeping Beauties," along with this award-winning and lyrical play, "Dance and the Railroad."

Other suggestions (though not current): Maxine Hong Kingston's **China Men**; **Ayumi: A Japanese American Anthology**; Carlos Bulosan's **America Is In The Heart**; Louis Chu's **Eat A Bowl of Tea**; John Okada's **No-No Boy** (the latter three are the core classics of Asian American contemporary literature).

RECORDINGS

Breaking It Down, by Bob Matsueda, available from Shinobu Productions, P.O. Box 162669, Sacramento, CA 95816, \$7 plus postage. The first Asian American comedy album! A friend of mine says it's "down-home California Japanese American humor" and Matsueda does get down. Nothing is sacrosanct: Japanese American, Chinese American, or Pilipino American lifestyles, family life, stereotypes, community activism, TV soap operas, social and dating scene, Buddhist Church, Asian American sex. This is definitely an R-rated record.

Forthcoming in January 1984: **Are You Chinese or Charlie Chan** by John Jang,

Continued on page 7

* Entering U.S.

Continued from page 3

available. However, you must show that money is immediately available to cover the entire first year, and that additional funds are reasonably anticipated for future expenses.

Even more difficult than showing sufficient funds is showing an intention to depart the U.S. at the conclusion of an authorized stay. This is a critical issue in almost all nonimmigrant visa applications, and the same considerations apply generally. Any "ties" to the home country that would provide an incentive to return may be used. Potential job availability or strong family responsibilities are often persuasive. It is difficult to demonstrate what someone will be doing four to six years in the future, but this issue is a critical one that must not be overlooked.

It is the obligation of the student to obtain *prior* approval from the Immigration Service for any temporary withdrawal of change of school. In some cases employment may be authorized following the first year, but generally the student will be limited to on-campus employment that is a part of a scholarship or fellowship grant. Full-time employment may be granted as part of a student's practical training in a given area of study. This is generally not granted until after graduation, and the student must show that similar training is not available in his or her native country. It must be requested within 30 days after graduation, and is limited to 3 months for every one full year of academic study for a maximum of 12 months.

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People's Republic Of China To Participate In 1984 Worlds Fair

Washington, D.C. — It was announced October 28 that the People's Republic of China intends to participate in the 1984 Louisiana World Exposition in New Orleans.

The announcement came when Zhang Wenjin, Ambassador of the People's Republic of China, formally proclaimed China's intention of participating in the Fair with a 43,000 sq. ft. pavillion. He said, "We bring to this event a part of our culture, technology, history, and art. And, most of all, we bring our friendship."

The Pavillion will feature many aspects of Chinese art, technology, and culture. Exhibits will primarily address the theme of the Fair, "The World of Rivers: Fresh Water as a

Source of Life," and will trace Chinese progress from ancient methods of water diversion to present day hydrological advancements. The pavillion will especially highlight the roles of China's two major rivers, the Hwang Ho (Yellow) and the Yangtze, in the development of Chinese society.

Artistic traditions which date

back to the earliest dynasties will be the focus of other displays. Besides showcasing various architectural styles, a vast array of Chinese specialties such as silks, rugs, jewelry, ivory, and inlaid furniture will also be on view. In an unique exhibit, six artisans will daily demonstrate their skills in a variety of arts and crafts.

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Chinatown And Chinese Laundry Workers Are Themes For New York Exhibits

EIGHT POUND LIVELIHOOD

Eight pounds is the weight of the irons used by Chinese laundry workers, and so the Chinese call laundering the eight pound livelihood." That is also the title of an exhibit about the history of Chinese laundry workers to be shown at the New York Public Library, 42nd Street and 5th Avenue, through December 30.

The "Eight Pound Livelihood" traveling exhibit was organized by the New York Chinatown History Project and designed by the New York State Museum. It contains photographs, graphics, quotes, and a historical narrative that traces the journey of Chinese laundry workers from California gold country to Bronx hand laundries. Altogether, these pieces comprise the first exhibition on Chinese American history to be featured at a major New York City institution.

"Since the mid-1880's, laundry work has been one of the main professions for Chinese in America," said John Kuo Wei Tchen, director of the New York Chinatown History Project and co-curator of this show. "Laundry workers are right at the core of the Chinese experience in America. Yet until now, almost nothing has been written or produced about their history."

The exhibit is aimed at both Chinese and Americans. Consequently, all text is bilingual, Chinese and English. "On the one hand, we want to reclaim this history for the Chinese laundry workers and their families themselves," said Tchen.

"On the other, we want to dispel some of the stereotypes that have emerged of Chinese immigrants, and laundry workers in particular."

The exhibit consists of 20 double 3'x7' panels. Among its numerous photographs and graphics are:

- A graphic showing the eviction of Chinese laundry workers from Tacoma, Washington during the height of the anti-Chinese movement, 1885.
- A Proctor and Gamble soap ad depicting a black mother washing her boy white in a Chinese laundry, 1880.
- Photographs of early Chinese hand laundries in California, Arizona, Pennsylvania, and New York.
- Contemporary photographs of extant Chinese hand laundries and laundry factories around New York City.

Along with its historical narrative, the exhibit contains many quotes from laundry workers, past and present, which bring the history to life. There is, for example, the laundryman who describes a Chinese shirt press as full of "lying tigers and hidden dragons," meaning skilled professionals and educated men. There is the man who describes his surprise when, as a new immigrant in 1927, he learned that his uncle's "Yi Shang Guan," — literally "clothing store" — was actually a laundry. And there are ghost stories, poems, and songs describing the inner



First Chinese hand laundry in Vancouver, Canada [1884].

feelings and outward struggles of Chinese laundry workers.

Research for the exhibit began in 1981 at the New York Chinatown History Project. In 1982, a traveling version of the show was designed by the project

and displayed in and around Chinatown. In early 1983, the New York State Museum in Albany designed and produced a larger version of the show,

Continued on page 7

CALENDAR EVENTS

Christmas Party for Chinese Elderly

The Greater South Cove Golden Age Center will be holding its annual Christmas party for the Chinese elderly community on Tuesday, December 20 at the Quincy School Auditorium, 885 Washington Street, Boston.

Gifts, entertainment, and refreshments will be offered. Contributors include Filene's, Federated Department Stores Foundation, Sears and Roebuck, Morgan Memorial Good-

will Industries, Capitol Bank and Trust Company, Zayre Corporation, Liggett Rexall Drug, Stop & Shop Companies, Inc., F.W. Woolworth, Quincy Community School, Tai Tung Pharmacy, and the Commission on the Affairs of the Elderly.

For more information and tickets, please contact the South Cove Golden Age Center's Social Services Office, 5 Oak Street West, Boston.

Charlie Chin's One-Man Show

An Asian Food Festival will be held Friday, December 9 at 7:30 p.m. at North House Moors Recreation Room, Harvard University, 56 Linnaean Street, Cambridge.

The Festival will include hors

d'oeuvres and a presentation of the one-man show "Life of an American Born Chinese" featuring Charlie Chin of New York.

Tickets are \$3. Please call Tao Sheng Kwan Gett at 498-6078 for reservations.

Friday Teas

Every Friday from 2 to 3p.m. at the China Trade Museum admission is free and tea and cookies are served. In addition, China Trade Museum Associate Curator William Sargent or Curator Crosby Forbes will be on hand to identify your treasures from the China trade and answer any questions you might have about the Museum's collection or about your own.

On Friday evenings from 6 to 8p.m. through December 23 the Museum Shop comes to life with special guests who will talk about a variety of subjects from Chinese cooking to calligraphy to Oriental rugmaking.

For more information about these and other programs at the China Trade Museum call 696-1815 or visit the Museum at 215 Adams Street in Milton.

Flute Recital by Shao-Chiang Huang

Shao-chiang Huang will give a flute recital to benefit the National Association of Chinese Americans' Scholarship Fund on Friday, December 16 at 7:30 p.m. at Paine Hall, Harvard University, Cambridge.

Huang has won popular acclaim as an accomplished flute soloist whose virtuosity is most evident in his unique synthesis of Chinese and Western music. His musical articulations in both

the *dizi* (Chinese flute) and the horizontal flute have been described as "compelling, deeply moving, and artistically contagious."

Tickets are \$3 (student), \$5 (regular), and \$25 (sponsor/two tickets with priority seating). For more information, call Raymond Lee at 729-5744, Paul Hsieh at 498-5226, Li Shu Ho at 492-5447, or Su Pan at 332-8340.

Planning Forum on Women in Poverty

"Planning Forum on Women in Poverty" will be held on Wednesday, December 14, from 1-5 p.m. at Action for Boston Community Development, 178 Tremont Street in Boston.

Roxbury Community College President Brunetta Wolfman will give an overview of women in poverty, while forum work-

shops on income maintenance, job training and development, child care, and housing will provide participants with the opportunity to pinpoint key issues affecting poor women.

Registration is \$5 per person. Registration fee waivers can be arranged in cases of low income.

For more information, call the Coalition at 523-6400.

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Greetings
from the

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* New York Exhibits

Continued from page 6

which has been on display there since April. That version of the show is on display at the New York Public Library.

CONTEMPORARY PHOTOGRAPHS OF NEW YORK CHINATOWN

To the tourist, Chinatown is a place to eat and shop. But to the Chinese immigrant, it is home. In reality, the two are inseparable aspects of one community. Both are the subject of a photographic exhibit from the New York Chinatown History Project also at the New York Public Library through December 23.

The 60 black-and-white photographs of contemporary Chinatown are the work of Robert Glick and Paul Calhoun, staff photographers from the history project. According to Calhoun, these photographs are "part of an on-going project to document the rich variety of everyday Chinatown life."

Glick and Calhoun have worked at the history project since 1980. Their work at the project has taken them in the company of oral historians to the homes and workplaces of older immigrants interviewed by the project. But much of their time has been spent getting to know people in the streets, markets, restaurants, and community centers of Chinatown. "The main thing has been to make ourselves familiar," said Glick. "We spend a lot of time just talking to people. If we can, we take pictures, then return prints later. Sometimes they let us take more. Sometimes they let us come to their homes. If not...well, then we start over."

Their labor has been painstaking. But its fruits have been intimate, warm,



"Rebecca with Her Children" [1982] by Robert Glick

often poignant images of the community. There is, for example, the view of a 70-year-old matriarch in her spare tenement room, her strong, work-worn hands folded gracefully in her lap, a sword used in Tai Chi Chuan hanging from the white door behind her. There is the shot of a young boy perched atop bags of rice on the sidewalk, blowing Dizzy-Gillespie-like into a toy trumpet. Another shows a shirt-press worker bent before his machine, a stark light

radiating from his face. Still another captures a young mother bathing her child with baptismal care in a kitchen sink.

According to Richard Shepard of the *New York Times*, Calhoun and Glick's photographs are a "fine example of catching a community at a moment in its history." Their work in Chinatown has been previously featured in the *Smithsonian*, the *New York Daily News*, the *Village Voice*, *Focus on Asian Studies*, and a book about American workers published in Germany titled *The Other America*.

The photographic exhibit will be on display in the library's second-floor gallery. The "Eight Pound Livelihood"

exhibit will be on display in the Astor Hall on the library's main floor. Both will be open to the public, free during regular library hours: Monday to Wednesday, 10 a.m.-9 p.m.; Thursday to Saturday, 10 a.m.-6 p.m.; closed Sundays.

The New York Chinatown History Project was started in 1980. Its purpose is to use history "to help educate and improve the community of Chinese in New York." In addition to the "Eight Pound Livelihood" exhibit, the project has produced bilingual radio programs, slide shows, and pamphlets on the history of Chinese in New York. The project has been featured in articles in *Newsday*, the *New York Daily News*, the *Smithsonian*, among others.

* Holiday Gifts

Continued from page 5

R.P.M. Records, P.O. Box 42373, San Francisco, CA 94101, about \$8. This album promises to be one of the most significant musical recordings led by any Asian American musician. It's a diverse presentation. Ensembles vary from a horn and rhythm section plus vocalists, comedian, and chanters; to a not-common trio instrumentation of cello, tenor saxophone, and piano; to an ensemble of traditional Asian instruments. The material includes the title rap-song and blues, a standard, but freshly interpreted, ballad, and some very exciting new works. Some musicians and artists assembled by leader Jang for this project included artists Zand Gee and Jim Dong, comedian Bob Matsueda, musicians Mark Izu, Fred Houn, Frances Wong, Randy Senzaki, Anthony Brown, George Sams, Woody Ichiyasu, and members of San Jose Taiko.

Other suggestions, but older works: Hiroshima's Odori (Arista); A Grain of Sand (Paredon Records) — if you can find it; Back-To-Back featuring Charlie Chin and Chris Iijima (East-West World Records, previously reviewed in SAMPAN, February 1983); John Jang's first album, JANG and United Front's Ohm: Unit of Resistance (both on RPM

Records and reviewed in SAMPAN, January 1983).

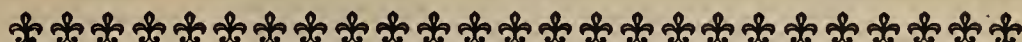
VISUAL ART

Texas Long Grain, Kearny St. Workshop, 1550 Lombard St., San Francisco, CA 94123, \$7.00 plus \$1.00 handling. A photographic anthology by some of the most committed and talented Asian American photoessayists.

Japantown Art and Media Art Prints, 1852 Sutter St., San Francisco, CA 94115, (415)-567-3851. JAM is a collective of committed professional visual artists and their work is often breathtaking, colorful, and vibrant. Silkscreen prints are their forte, available for sale in a variety of sizes, themes, and prices (usually from \$10 to \$50). One of my favorites is the Asian women poetry/art series by artist Nancy Hom (with poems by Janice Mirikitani) and Jim Dong's sparkling print "Paper Angels."

Miyoko Graphics, 2160 41st Avenue, Oakland, CA 96401. Silkscreen posters and greeting cards by Janet Tsubamoto whose work can be found on the cover and featured in the first edition of East Wind Magazine. Write to inquire about prices and descriptions.

A good source to find most of the above materials is the Japanese American Curriculum Project, 414 East 3rd Avenue, San Mateo, CA 94401, (415)-343-9408. Ask for their catalog.



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丁：裝配工人

- 經驗不拘
- 手法靈活，視力健全
- 有忍耐力及上進心

* Forum

Continued from page 1

of assault last June. Two white youths called racial slurs as he walked by their house. When he tried to talk with them, one of the youths beat him, threatening, "Get out of here before you die."

"I was so mad," Pham recalled. "Nobody can do that to anybody else. So I called CDU and reported on the incident. I went with the police in unmarked car, pointed out the kid and bring him to the court. This kid must be punished. He can't just say 'I'm sorry.' " Pham's attacker received one year probation and 50 hours of work with Asian people.

After the attack, Pham joined the CDU part-time as a Vietnamese interpreter. The unit employs two such interpreters but has no staff for other Asian languages and populations. The CDU began in 1978, specifically to monitor racially motivated crimes and implement Massachusetts civil rights law.

The unit does educational outreach in English as a Second Language programs to teach new immigrants about their civil rights. It offers translation services for the Vietnamese community and special patrols when police can anticipate problems, such as Halloween night. After a crime occurs, the CDU helps victims look for attackers and file charges.

Pham concluded by urging Asian Americans to take the initiative in working with the police. "We got to do something by ourselves," he said. "We cannot wait for other people to help, passively." The CDU can be telephoned at 247-4527.

CIVIL RIGHTS

Diane Tanaka of the Massachusetts attorney general's office spoke on the state civil



Nguyen Pham, B.P.D. Community Disorders Unit

We got to do something for ourselves. We cannot passively wait for other people to help us.



Diane Tanaka, State Attorney General's Office

Don't give up. It's a political process.

[Photos by Lydia Lowe]

rights law and problems of the Southeast Asian population. She told the audience that the Massachusetts Civil Rights Act is "not couched in racial terms."

The Act prohibits anyone from intimidating, threatening, or preventing another from exercising his or her civil rights. Violators of the Act may pay fines up to \$10,000 when bodily injury is incurred, or serve up to ten years in prison. When no injury is involved, sentences range up to \$1,000 or one year imprisonment.

The attorney general's office is examining violent crimes against Southeast Asians. Tanaka said that the office mainly hears of incidents through the CDU, social service and relief agencies, and neighborhood residents. "We are slowly beginning to hear from the victims themselves," she said. Language barriers and unfamiliarity

with the law prevent many victims from reporting crimes.

Tanaka stressed the serious nature of crimes which may begin as minor incidents. She cited one example which occurred in the Allston/Brighton area. In a single night, a 23-year-old man put firecrackers in a Cambodian family's window which hit a baby,

attacked three adult males with a baseball bat, and "then sauntered into court charging the Cambodians with attacking and terrifying him."

Urging the audience to utilize legal channels, Tanaka said, "Don't give up. It's a political process." Victims of civil rights

Continued on page 10

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NOTICE APPLICATIONS FOR SECTION 8 RENTAL ASSISTANCE

The Stoneham Housing Authority in conjunction with the Executive Office of Communities and Development (EOCD) will be accepting applications for rental assistance under the Section 8 Housing Assistance Payments Program. Under this program, participating tenants pay 30% of their income towards their total housing cost with EOCD paying the difference between this amount and the monthly contract rent if within program limits. The location and choice of the housing unit is left up to the tenant subject to program regulations. You may be eligible to receive assistance in your present apartment.

A total of 10 certificates will be available to eligible families. Participants will be chosen by random selection. Those applicants not selected at this time will have their names placed on a waiting list for future openings.

Applications may be obtained:

1. By writing to the Stoneham Housing Authority, 11 11 Parker Chase Road, Stoneham, Massachusetts 02180. Letters must be postmarked no later than December 9, 1983.

2. In person at the Stoneham Housing Authority between 9:00 A.M. and 4:00 P.M. up until December 9, 1983.

If you are already an occupant of or applicant to public housing, or any other assisted housing, you must fill out a new application specifically for this program. Applicants to this program will not lose their place on any other public housing waiting list.

No person will be excluded from participation in or be denied the benefits of the program because of race, color, creed, national origin or membership in any class, such as recipients of public welfare, etc.

For Specific Inquiries, Contact the Stoneham Housing Authority at 438-0734.

Help Wanted

Clerk/Typist

The Quincy School Community Council, a human service agency providing bilingual educational, social service and recreational programs to the Chinatown, South Cove and South End communities, has a part-time opening (30hrs/wk) for the position of Clerk/Typist.

Responsibilities: Reception duties; answering of telephone; typing; filing; monitoring of office supplies.

Qualifications: H.S. diploma or equivalent; minimum typing skill of 40 wpm; some office experience helpful; pleasant telephone manner; previous experience in word processing helpful and/or willing to train; bilingual skills (Cantonese and/or Toisanese) preferred.

Salary: \$4.75/hour.

Please call 426-6660, or send resume with cover letter by December 12 to:

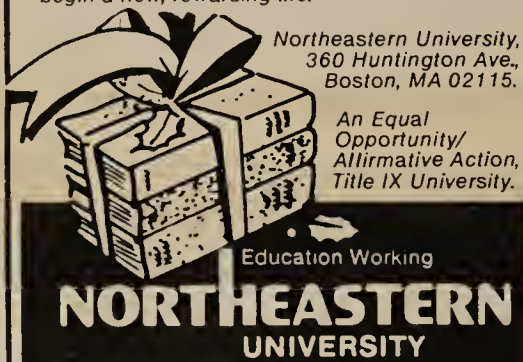
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3. Sales Representatives

Cablevision of Boston is now accepting applications for full time representatives to sell cable t.v. through door to door canvassing and in-home presentation. Qualified candidates should have neat and clean appearance, good communication skills and their own vehicle. Related direct sales experience or college degree a plus. This is an entry level position which provides growth opportunity in the cable television industry. Top commissions and incentives paid for highly motivated individuals.

4. Part-time

We are anticipating the need for a part-time staff, if interested please send a letter stating available hours and work history.

Cablevision of Boston is an Equal Opportunity/Affirmative Action Employer who agrees to hire Boston residents, minority members and others. Interested applicants should forward their resume to the Director of Personnel.

CABLEVISION OF BOSTON
21 Merchants Row, Boston, MA 02109

* Forum

Continued from page 9

violations can contact the state attorney general's office at 727-1090. Federal government referrals concerning civil rights can be obtained by calling 223-0247.

ANH MAI CASE

The most infamous of local crimes was the stabbing murder of Vietnamese immigrant Anh Mai this past summer. Harry Yee of the Greater Boston Legal Services described the case as explained by Vietnamese witnesses.

On July 24, a group of noisy white youth gathered in front of 35 Coleman Street, a Vietnamese residence in Dorchester. Several of the residents went outside, asking the group to quiet down. Suspect Robert Glass, Jr. then pulled a long knife and chased the residents, saying, "I'll kill you." Anh Mai was stabbed in the street, and three other residents were stabbed inside the building. Anh Mai died the next morning.

Yee described several other cases including the Vincent Chin murder and a 1975 incident involving George and James Tam of Boston. In these cases, successful legal efforts resulted from urgent community response. Yee berated the community for not responding

more quickly to the Anh Mai case. Suspect Robert Glass, Jr. is free on bail and a trial date has not yet been announced. No charges were filed by the other three stabbing victims.

COMMUNITY RESPONSE

Questions and answers focused on the limitations of the legal process in addressing racial violence. A question in Cantonese was how to secure witnesses if one cannot speak English. Diane Tanaka answered that the victim must find an interpreter to call the police or attorney general's office. The offices would then supply an interpreter for an arranged interview.

"If everyone around you speaks English, you do have a problem," said Tanaka. "Try to notice if they look like they might work in the area." Harry Yee suggested calling any of the social service agencies in Chinatown.

Responding to other questions about the Anh Mai case, speakers explained that the CDU and attorney general's office have not pursued the case further because they lacked evidence of racial motivation.

"Do people at different levels of justice really think that the case was not racially motivated?" asked one woman in disbelief. Tanaka emphasized that whatever the legal assessment, where there exists any possibility of racial motivation "there still is a lot of point in the community making it known that it wants crimes against members of the community vigorously prosecuted."

Peter Kiang emphasized the need for broad community response in closing remarks on behalf of the Vincent Chin Ad-hoc Committee. "We should make full use of the Boston Police Community Disorders Unit, the attorney general's civil rights office, and the Massachusetts Civil Rights Act whenever we have occasion," said Kiang. "We have also learned tonight how important is grassroots community organizing to ensure justice and civil rights for our people."

Kiang described anti-Asian violence as a rising national trend, stimulated by a long history of racism and poor economic conditions. "It touches all of us," he continued, "whether we are workers or professionals, students or teachers, women or men, Vietnamese or Cambodian, Japanese or Chinese." Response to the problem must learn to cross the same barriers, he added.

"We need your involvement," said Kiang. He concluded by urging the audience to sign the committee's mailing list.

Formed last summer, the Vincent Chin Ad-hoc Committee originally conducted fundraising for the Detroit case, then turned to the pressing issue of local violence. Possible efforts for the future are more educational forums, bringing information into the public schools, following up on the Anh Mai case, more investigation and fundraising. The committee can be contacted through the Asian American Resource Workshop at 426-5313.

BROOKLINE CABLE COMMUNITY TV Video Production/Training Manager

The Brookline Cable TV Community Trust seeks experienced, full-time video trainer/production manager for its public access channels. Two years video production experience, preferably in cable.

Submit resume and letter by December 9 to:

Carol Kowalski, Executive Director
Brookline TV Community Trust
c/o Times-Mirror Cable TV
39 Harvard Street
Brookline, MA 02146

BROOKLINE CABLE COMMUNITY TV Publicity/Public Relations Coordinator

The Brookline Cable TV Community Trust seeks individual with public relations, marketing, speaking, and writing skills for public information duties on its public access channels. Two years experience in marketing, public relations. Full-time, possibility of job-sharing.

Send resume and letter by December 16 to:

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Brookline, MA 02146

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中華文化活動

十二月二日：晚八時，合唱團橋牌社
十二月三日：晚六時，聖誕節聚餐
十二月九日：晚七時半，教育委員會
十二月十日：下午三時投資社會議，聚餐。

十二月十一日：上午九時半至下午五時，快樂星期天。
十二月十六日：晚七時半，教育委員會

十二月十七日：晚七時半，電影：「花飛花舞春滿城」

十二月三十日：上午九時至下午五時，兒童專題作業
十二月月份活動主持／聯絡人張冕女士
電話：四七〇一二二四〇。

歡迎大家踴躍參加，文化活動中心地址
99 School Street, Weston

電話：八九四一五一四八。

中華文化協會已於日前改選幹部，新會長單紹斌、秘書沈邦全、財務洪慎祥、會員主席趙研田等均將在明年二月四日正式上任。

讀者請注意

前些時候本刊為了整理郵寄訂閱之讀者資料，寄出重訂表格並限於十一月中旬寄還本刊，但鑒於不少讀者很晚才收到重訂表格，本刊已決定延期至今年十二月廿一日前仍可寄回填妥之重訂表格。
如果閣下仍然想繼續收閱舢舨，請趕緊把表格填好寄出。謝之您的合作！

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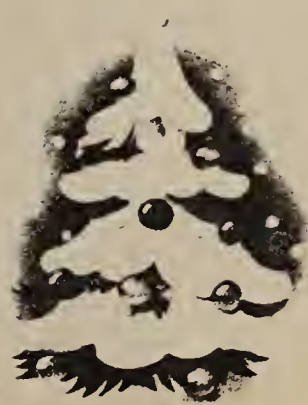
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中華耆英會 鍾倫納博士

一、錢「減價券」和「回水」

唐人購物，很多時只注目于價錢最平那些商品，殊不知有些訂價較高的，減價以後反而更平。減價的花巧很多，其中比較實惠的，是「減價券」(Coupon)和「回水」(Rebate)。

製造商和零售商為了招徠，每在商品的標紙上，報刊雜誌中，和超級市場裡派贈「減價券」和「回水」，前者當場依額照減，後者請你寄到製造廠那裡，稍後退回若干折扣。老人家很多喜歡貯存舊物，與其任由他們並蓄兼收，不若助他們選擇一些有價值而又不佔用地方的。老人家餘暇時間較多，即使不懂英文，學會辨認一些表格式樣，大概不致太難，家人可以試試教教他們，至少可使他們增加一項排遣時間的方法。如果能夠有系統地找尋，分門別類地積累，有計劃地購買，每個月節省幾十元，亦非困難。

二、法「減稅法」

為了鼓勵家人照顧老人，麻省現正醞釀減稅法。唐人供養老年父母者不少，減稅愈多，愈應贊成。當然反對的亦大有人在。現在有一項提案(B1666)，打算給每一個照顧年屆七十五歲以上的老人的家庭，每年四百元的減稅額(Tax Credit)，四百元的吸引力是否足夠？七十五歲是否太高？如果你想影響這樁提案，請跟本區議員聯絡。

三、醫「急救電話」

中華耆英會現有數個急救電路器材，免費服務華埠附近的老人，凡單身居住而隨時有昏倒危險的(如有嚴重糖尿、心臟病或高血壓的)，請電四二二一七五六〇聯絡本會。

「急救電話」是中華耆英會和達芙英倫醫院合辦的服務。醫院內有職員廿四小時接收求救訊號。病人家中有一副發訊機和隨身攜帶一具無線

電求救按鈕，可以自動通知醫院，為了預防病人突然昏倒，無法按急救擊，急救電路通訊器亦有一計時器，請用戶每天早起和臨睡前重撥，若二十四小時內病人不重撥，計時器便會自動通知醫院，以免耽誤了拯救時間。

在華埠提供急救電路有一額外困難，因老人多數不懂英文，而醫院又欠懂中文的職員，因此中華耆英會須請一位職員日夜不停攜帶一具傳呼機，隨時作緊急傳譯服務。

四、食「緊急糧食券」

一般貧戶申請糧食券，需等候大約一個月之久。麻省則通過了一項緊急糧食券計劃，可以即日批准。這個計劃特別適用於赤貧的移民家庭，但必須先取得公民或永久居留資格。如果家中沒有收入，流動資產低於一百元，總資產低於三千元(這是指家有六十歲以上老人而寫，否則總資產限額是一千五百元)。如果家中有少許收入，而這收入將于一個月內停止的；或由申請日起十天內預期收入低於廿五元的，也可申請。辦法是携同身份證、居址、收入和資產的證明文件到當地福利署去。

五、住「燃料補助」

冬天來臨，沒有公共房屋單位的老人，又得為燃料操心。如果有老人獨居，而收入在八千五百零五元以下，或夫婦同住而收入在一萬一千四百四十五元以下的，便可申請，補助額由三百廿五元至七百五十元之間，入息愈低，補助愈高。若果燃料費是包在租金內的，也可申請，津貼可以高達冬季租金四成。只須帶同三個月租單收據，或業主證明信，到華美福利會或其他波市社區發展行動局(ABCO)屬下機構去。去年已有補助費的，今年也得重新申請。

在波士頓市以至柯士頓——白禮頓

一帶，現已有一個相當規模的老人交通服務網成型了。除了公共交通。費一毛錢一程，還可預約耆英專車，綫小巴、和的士服務，很多都是免費的，冬天到來後，這些交通服務特別不可放棄。如果有需要出門走路的，得留意禦寒衣服和防滑鞋杖了。

七、娛樂「中國電影暫停」

中華耆英會在榮華影視中心支持下，長期免費向老人播放中國電影。可惜在十一月十九日會所遭爆竊，錄影機、電視機、和不少其他物件都失去了，只能暫時中止此項節目，待有辦法重置放映器材時，再行恢復。

波城詩壇

贈華美福利會舢舨月刊

余鉅益

(一) (二)

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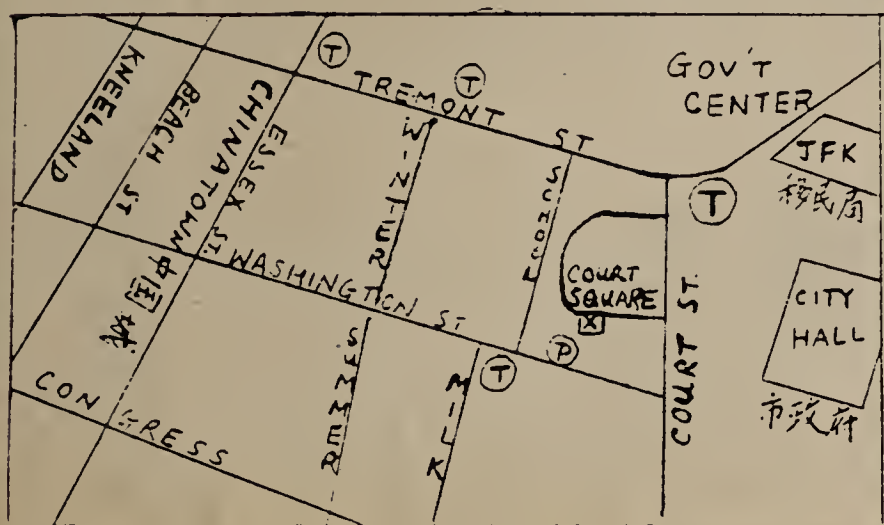
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耆英聖誕派對

中華耆英會一年一度的聖誕派對將在十二月廿日(星期二)在昆士學校會堂舉行。

中華耆英會邀請中國年長者參加此聖誕派對，介時將有禮物遊藝及助興節目。欲知詳細內容請與中華耆英會辦公室聯繫，取得入場券，將有茶點招待。

耆英會對以下單位的捐助資金及禮品，謹表謝意。

昆士社校雙語歌劇

由莫利民女士編導之兒童雙語歌劇「女媧補天」已分別於十一月卅一日及十二月一日在昆士學校演出。

歌劇內容由莫利民女士根據中國古代神話「女媧補天」而改編。敘述女神女媧創造人類及如何補天、治水、以槍救人類之過程。

該歌劇包括面具傀儡，其製作及演出均由五年級 Ms. White 班內同學擔任。班內同學以月餘時間練習舞蹈、歌唱、台詞及製作各種巨型傀儡。

首日演出有學生家長及三、四、五年級同學前往欣賞。第二次演出則邀請其他學校學生觀賞。

耆英會並感謝 Project Bread 百萬行捐贈之五千元，及鼓勵了五千人以上參加百萬行，所募得的款項為四十萬元。這筆錢均由耆英會捐至各食物救濟中心及營養計劃，希望藉此減少飢餓情形。

遷移啓事

諾瓦克醫師 (Dr. Boris A. Novak) 已遷至新所服務。

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多謝

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選我為你們的新市長

並祝聖誕快樂 新年愉快

雷夫連敬啟





電話壞了怎麼辦？

貝爾系統將在一月一日重組，很多人為此擔心以後電話修理方面的問題。

不用擔心，紐英倫電話中心仍然是您的本地電話公司，我們仍舊為您維護並修理電話線路。然而，紐英倫電話公司將不再提供閣下電話機的使用，所以我們不再能為您修理電話機的故障。

因此，未來的電話服務將分為兩部份：電話機和電話線路。明白此政策上的改變將替您省時省事，並且讓您獲得您需要的服務。

如何得到電話機修理的服務

把閣下的電話機當作任何您購置的其他產品一樣，售賣您家用品的公司將負責修理。所以，如果您想買電話機——無論是從AT&T或他公司購買——記著查看該公司所提供的服務政策以確保您得到最好的服務保證。

如果您現在用的電話機是向紐英倫電話公司購買的，一月之後將改由AT&T提供修理服務。

如果您決定租用電話機，那麼只需繼續使用目前的機器，只是在一月一日之後，您便自動向AT&T租用此機器了，也將由他們為您維護電話機。

以下是修理電話機部門的新電話號碼：
1-800-555-8111。

如果電話線路出毛病呢？

貝爾系統解散後，紐英倫電話公司將繼續提供您修理維護電話線路的服務，讓您繼續享用我們一貫的好服務。

如果您電話線路而不是電話機出了問題，打電話給我們，我們會立刻派人去您府上像以前一樣為您免費修理。修理電話線的號碼是：1-555-1611。

如何辨別是線路或機器的毛病呢？

如果您不知道問題是出在電話機或電話線上，下列是一些有用的建議：

如果您的電話機有明顯的損壞那應該是機器上出了毛病。

又或者您府上不止一具電話機，而只有一具機話機壞掉，那大概是機器本身發生毛病。不過如果您所有的話機都壞掉，那顯然是線路的問題。

您可以把電話插頭拔掉，換到鄰居家插上測試，或者您的電話是從AT&T買的，可以到AT&T電話中心測試毛病根源。

您一定要明辨是電話機亦或是電話線出了毛病，因為從一月一日後，如果您打電話叫紐英倫電話公司去修理電話線，而實在上是機器出了毛病，我們不但無法為您修理，並且必需請您付服務費用。

並沒有這麼容易 也不如想象中困難

貝爾解散後，紐英倫電話公司繼續為您維護修理電話線，而提供您電話機的公司將為您修理電話機，事情就是這麼簡單。

但是如果您對於自己所需要的修理服務不清楚，或不知道誰會提供該項服務的話，請打電話給我們：

1-555-1611

如果您對這裏所提到的服務更改有問題，也請您星期一到五早上八點半至下午五點打我們的免費電話詢問：1-800-555-5000。或者您可以留意您電話帳單上的詳細資料。

讓閣下了解在進行中的改變是我們的責任之一，因為我們要為您提供最好的服務。

貝爾系統雖然在解散，紐英倫電話公司卻已重新準備就緒。



New England Telephone

亞裔政治小組

參與控訴「區域劃分法」

尋求以適當法律途徑解決

雖然本市之市政府選舉已塵埃落定，但今年第一次實行之選區區域劃分法之爭議却仍未完全解決。「區域劃分法」於八二年九月被以下獨立團體控告為違憲：西裔政治行動會、黑人政治小組、波士頓人民協會及數名波市居民，均參予此次告訴案。控方指責區域劃分法違反「一人一票」之憲法主旨。今年七月份州法院判決此案結果同意控方之說並下令停止一切正在進行的市政府選舉。八月間市議會將區域圖稍作更改並通過以更改之地域圖為準，重新舉行市政府選舉。同月以上提及之數團體及個人加上南端之劉仲岳、華埠之黃耀敏及亞裔政治小組，再入紙控告經更改後之區域劃分法仍舊歧視少數民族、分散少數族裔選票力量並且新劃分法將不利於少數民族競選市職。控方要求法庭宣佈區域劃分法違憲，希望法庭下令，以此劃分法舉行的市府選舉為不合法，並要求新的劃分法不再歧視少數民族及必需通過法院之許可。

據亞裔政治小組及法律援助處之李鳳儀稱，此告訴案將於今年十二月或明年一月間開庭聽訊。李鳳儀說控方認為市府當局有意歧視少數民族之選票能力，將黑人聚居最多之地方劃分為兩個選區，將西裔聚居之區域分散在不同選區內，又將華埠與龐大愛爾蘭白人區之南波士頓劃在同一區內，使華人及西裔之選票能力大打折扣，又限制了黑人之政治影響力。李鳳儀認為亞裔人士及組織參予這次控告案有非常之意義，並讓全市居民認識到亞裔之力量。

亞裔政治小組之林氏亦認為這次控告事件提供亞裔社區一個很好的學習機會。劉仲岳則表示他以個人名義參予控方是因為他感覺社區內一致的情緒是反對華埠與南波士頓劃在同一區域內，他並強調亞裔人士的積極參予是向華人移民顯示他們在美國一樣享有同等權利與義務。他希望參予這次法律行動能使華埠與一個有相近問題及需要的區域劃分在一起。

假如法院審判結果控方勝數，則亞裔政治小組及其餘三位控方均在重劃選區方面各持有一票，但在獲得投票的同時，亞裔政治小組亦要負起部份之律師費用及有責任讓社區民眾了解控訴案的目的及進展情形。

亞裔政治小組成立時的宗旨有三：增強亞裔人士參予競選政治活動；增加亞裔在美國的政治影響力；確保當選公職之代表能正確反映亞裔民眾之需要及問題。亞裔政治小組並希望藉著組織的力量教育亞裔人士有關一切之競選政治體系。林氏強調亞裔政治小組的對象是所有熱衷參予政治或有意改善亞裔人士在美之地位的民眾。他說中國人向來被形容為一盤散沙，這是可悲的。他表示現今的情況，華人不能只講求經濟上的生存，而是要實際加入美國的政治體系，因為任何上任的官員對亞裔社區都會造成某種影響，只有參予政治的過程才說身爲這個社區的一份子就必需

爲社區的繁榮有所貢獻。李鳳儀認為這次行動顯示華人開始產生自信，知道華裔政治活動亦會受到相當的重視。

醫學常識專欄

年老保健秘訣

華人醫務中心 陳立民醫生作 容文詔譯

據統計，美國現在大約有二千萬人年齡超過六十五歲，佔全國人口百分之十一。這比率與年俱增。到公元二千年，六十五歲以上者，佔人口百分之十二點五。

這個統計數字雖然使人重視，但是更重要的是每個人都感到自己遲早都進入老年階段的心理作用。到公元二千，這篇文章的作者及大部分讀者的年紀將達四十至六十歲之間。年齡不斷增加的生理現象對每個人都發生很微妙的影響。他可以明顯地察覺他的親戚與朋友的外表，性情和社交關係都不斷發生可預測無誤的變化。

這篇文章旨在揭露一般人對老年的誤解及提供一些保持晚年身體健康的秘訣。

有些人不喜歡想及自己進入老年階段的情形。一般人都認為老年與孤單、生理機能衰退、失去經濟的收入或甚至死亡有密切的關係。但事實上很多人都能享受一個愉快的晚年。他們懂得好好保重身體和保持樂觀的心情。下列的事實可幫助消除一般對年老的恐懼。

(1) 年老並不等於衰老。書本、電視等傳播消息的媒介常常很不公平地用記憶衰退、思想混亂、枯燥等字眼來形容老人。實際上大多數的老年人都能保持心理健康及思想能力。智

能與性情的改變多數由下列原因做成的：孤單與憂鬱，聽覺與視覺衰退，藥物的副作用。這些改變是可以適當的方法來矯正的。只有百分之四至六超過六十五歲的老年人因記憶轉弱，思想混亂和智力衰退而顯示有遲鈍的表現。少過百分之十五超過六十五歲的老年人有心理不正常的毛病。不過，很多老人家仍然能保持超卓的智識。這包括最近獲諾貝爾醫學獎的老醫生。她已經八十歲，但仍然能夠致力於精湛的醫學研究。大多數的老人家並不「衰老」。這「衰老」的錯覺是由於收入低微及與社交生活隔離所致。

(2) 老年人並不完全依賴別人。這裡我是指大多數老人家並不需要住養老院，慢性病醫院或可依靠的親友同住。只有百分之五超過六十五歲的老人家要住養老院或醫院；百分之十八與子女或親友同住。其中與子女或親友同住者能相反地貢獻經濟或實際的支持。大多數的老人家只需少許的幫助便能正常地獨自生活。事實上，在美國有百分之八十的老人家能獨自生活。

(3) 年老並不一定多病或身體虛弱。雖然老年人通常都會患上慢性的疾病，但這並不等於殘廢。很多疾病如關節炎、輕性心臟病、視聽能力衰退等都可簡單的方法控制。統計資料證實百分之八十二的老人家都能保持相當好的健康。百分之十三的老人家仍然能正常工作。如果不是因那強迫退休的條例普遍執行，這百分率會更高。

對年老的錯覺會影響我們及老人家對身體健康的看法和抉擇。如果認為年老時一定會百病叢生或殘廢的話，我們便會忽略了預防疾病的措施。年輕時養成良好的健康習慣可預防年老時受可怕的疾病侵襲。例如我們有足夠的證據證明吸煙與慢性肺部疾病，癌症及心臟病有密切的關係。所以戒煙便可減少患上這些疾病的可能性。當一位老人家行為突有顯著的轉變或身體不適的訴苦增加就必須立刻見醫生作詳細檢查。性情突變孤僻可能由於憂鬱、失去一個喜愛的人，隱疾

或藥物副作用所致。這些轉變不應以「衰老」的藉口而忽視。

下列提議的健康習慣與態度能使老年時生活獲得良好的改善。老人家和他的親友們請特別注意。

(1) 定期檢查體格——如果你身體已有發現毛病，請遵從醫生的指導服藥及按時覆診。如果身體正常及已達六十歲者，每年應檢查體格一次。這週年的檢查應作高血壓、糖尿病、癌症等的檢驗。

(2) 注射流行性感疫苗——患流行性感冒及肺炎的老人家很容易受其他嚴重的併發症侵襲。超過六十五歲者應接受疫苗注射。比較年輕而患上其他心臟、肺、腎的慢性疾病或糖尿病者亦應每年接受注射一次。

(3) 注意飲食——一位活躍的老人家所需的食物與營養都和年青人所需的一樣。可惜有些老年人因收入不足，交通或行動不便等問題而使得他們不能獲得足夠的食物。不適合的假牙，吞嚥困難，消化不良等會引起食慾不振。進食不足，營養不良又會削弱抵抗疾病的的能力。老人家應每日進食三餐營養平衡的食物。營養專家可以指導怎樣獲得價廉而營養豐富的食物。很多老人家服務中心都有營養餐供應。如果行動不便，服務中心可安排把營養餐送到家裡。

(4) 適當的運動——老年人身體運動的需要不會因年老而減少。這是與一般人的看法相反的。而且老年人作劇烈運動的危險性，並不如一般想像那麼高，其實不論年輕或年老，我們都應該每天按時做適當的運動。肢體的伸縮可使肌肉和骨骼關節增強。太極拳或同類的運動是最適合老人家的。其他重複動作可增進脈搏和呼吸。步行與輕跑是對老人家沒有危險的運動。運動的益處包括：增加食慾，促進睡眠的安寧，降低血壓，鬆弛精神緊張，消除憂鬱，提高警覺能力，使人有身心輕快的感覺。如欲作某種劇烈運動，最好先請教醫生。

(5) 保持眼睛健康——年歲增加會引起視覺漸漸變化。視覺衰退往往會引起行為的轉變。六十歲以上的老人家應每年驗眼一次，特別注意檢查視覺的敏銳程度，青光眼及白內障等。

(6) 小心護理牙齒——疏忽了牙齒的保養會引至不美觀與營養不良的問題。牙肉病與蛀牙是一般老人家常患的毛病。安裝合適的假牙對改善日常生活有很大的幫助。

(7) 助聽器——老人家的聽覺衰退會引起他與別人交談時發生困難，因為他不能正確地聽到對方的聲音。聽覺的衰退是漸進的，所以醫生可以照漸進的程度，按步給與補救的辦法。及早的診斷是很重要的。通常聽覺衰退可用助聽器補救。最新的微型助聽器戴上了也很難察覺。雷根總統的右耳就裝上了一個不易被察覺的助聽器。

(8) 清潔、衛生的生活習慣——老人家應注意整潔的外表。頭髮、衣服的清涼，自然的體態都有助於促進社交生活的愉快和享受。整潔的外表足以反影你正確的年齡和給別人一個受尊敬的印象。不必強作年青的打扮。

(9) 生活的觀念——最後但不該忽視的是老人家應該對年老採取一個正確的觀念和態度。避免想及死亡與疾病。保持歡笑與樂觀。培養閱讀，看電視及其他嗜好的興趣。避免獨處。多與同齡的親友交往。參加社區組織的活動，如交際晚會或郊外旅行等等。

圖為華美福利會於十一月十七日派發免費牛油芝士予低收入家庭。



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(三)本刊篇幅公開，歡迎投稿與圖片，更歡迎讀者來函討論指教，稿件請

儘量包括中、英雙種文字，以減少翻譯工作。
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謀華裔社區利益，並坦誠以文相論，推展中華文化傳統。
本刊歡迎華裔個人或團體於每月廿三日前賜稿。來稿以千字左右，具有新聞性為最佳。來稿請函寄或遞交惡市佛街十八號一樓華美福利會舢舨月刊收啓。

社區討論歧視亞裔事件

陳果仁案波士頓臨時委員會於十一月廿一日晚，在昆士社校禮堂召開了一次社區會議，主要是向區民報告陳果仁案之最新消息，討論波市發生之種族歧視案及應該如何採取適當之法律途徑追究此等罪案。當晚會議以中英雙語一併進行，由聯邦健康及人文服務部民權事務處處長張黃玉鶯主持，陳建立作現場翻譯。

會議開始播放了一段由亞裔文化中心會員旁白的陳果仁案經過。陳案經底特律市亞裔社區及各大城市亞裔組織之強烈反應後，已由聯邦調查局調查此案並搜集證據。陳案之刑事控訴方面已進入大陪審團聽訊證據的階段。刑事控告若獲勝訴，被告型罰最高可達終身監禁。與此同時陳氏家屬亦採取了民事方面的控訴要求金錢上的賠償。

該晚邀請了三位特別來賓演講有關亞裔人如何應付暴力事件，其中包括警方社區動亂小組(CDU)之越南籍翻譯人員 Nguyen Pham 先生。他的演講重點針對越南裔之騷擾事件，他表示越南難民遇劫及人身攻擊最多之地區乃多捷斯特區，而東波士頓區之難民則面臨了屋主迫遷情形。他經驗認為肇事者大多是年輕人，而受害者又大部份是不懂美國習俗的難民。他認為假以時日及適當的再教育，這類種族歧視案應該會遞減。

Pham 表示越南人民潛在對警察的不信任導致他們來到美國後依然不敢信賴警方的情形，因此遇事均不願報警。

警。他以個人之經歷向區民說明報案的重要性。他在任警方翻譯員之前亦曾屢遭白人青年之無故騷擾及攻擊，他在忍無可忍之下自動向警方社區動亂小組報案，結果肇事者被逮捕上訴，被判罪有應得罰監守行為及為亞裔人士勞動。

社區動亂小組近數月來已陸續在各社區之英文班內向新舊移民解釋麻州之民權法令，並開始在發生事故之社區內加強巡邏。據稱目前遇事而願意報案的越南人民已大為增加，亦可謂可喜之現象。

繼而由麻州總檢察官辦公室內之律師 Diane Tanaka 小姐演講。

她認為東南亞人民對法律上的了解及活動最為散漫，有必要加強他們在這方面的認識。麻州總檢察官部門亦處理不少違反人權案件。她鼓勵凡是認為自己因種族原因在房屋、工作方面被歧視，或個人權利被侵犯時均可在

陳建立先生



有足夠證據下提出控訴。她表示目前總檢察官處理較多的是東南亞難民被歧視事件，而華埠南灣居民則從未經此途徑提出過告訴案，可能是因為華埠社區依然未知總檢察官部門亦處理此等違反人權案件之故，因此她強調總檢察官部門對所有違反基本人權案件均表興趣，他們的電話是七二七一〇九〇。

大波士頓法律援助處之余達強律師是最後一位講員，他舉了幾個案件作為比較，一為正在進行的陳果仁案，一為幾年前在波市發生的譚氏兄弟事件，一位數月前在多捷斯特區之越南難民安曼被殺案。余律師認為前兩者都因社區人士之努力及重視獲得較合理之發展，而後者則乏人問津，似乎無人關心安曼案之判決。

演講完畢剩下一些時間由台下觀眾發問，有人還是表示擔心語言不通而未敢報警。但余律師強調波市警局最近增添了六、七名華裔警員可助市民，同時華埠之社會服務團體亦能充當翻譯，如華醫、華美福利會及法律援助處均可代勞。

有人表示西部之亞裔人士似乎就陳果仁案方面頗能團結力量，而波市之華人及東南亞難民則還未取得默契。據張女士解釋，西部三藩市地理環境讓華人與其他亞裔人士近鄰而居，因此容易合作。反觀波市，華人有聚居華埠者，東南亞人士有散居其他區域，較難溝通。但據稱東南亞人士已有代表出面表示願意與華裔共同合作處理歧視事件。



張黃玉鶯女士

獎學金及職訓委員會成立 將與塔芙士研究合作計劃

塔芙士及紐英倫醫務中心與華埠之閒於九月初旬已取得協議。由中華公所領導的七人談判小組修改了原本提出的八項要求後，終於取得塔芙士及醫務中心的一紙合約在工作、教育及房屋方面予華埠協助，而塔芙士換來的是華埠對其四項建築計劃之首肯。

兩者之間歷年來的爭議已暫告一段落，而詳細之合作計劃却正在起步的階段。華埠與塔芙士之間協議的八項要求中包括撥款十萬元用作開辦職業訓練班，並與中華公所委派之一華

區民眾積極參與保障民權之活動。江念祖並表示，陳果仁案臨時委員會以後可能採取的方向是舉辦更多演講、籌款、爭取支持及成立更多聯盟。委員會預定下一次會議時間地點是十二月一日晚六時，必珠街卅一號，歡迎有興趣人士前往參加。

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據七人談判小組成員陳建立解釋，七位談判小組成員均為市長選舉而各忙各的因此暫無暇兼顧召開委員會會議事宜，另一原因是談判小組與塔芙士之間馬拉松式的周旋既已告一段落，各人均藉此機會透一口氣。中華主席陳毓璇表示將在感恩節後再召開會議邀請兩個委員會參加，希望不久將採取實際行動。

昆士社校園圖書館 急需義務家長服務

昆士學校圖書館主任潘娜彬女士亟欲徵得一兩位家長能於每星期四上午十時至下午一時在圖書館協助整理圖書，加蓋日期印記，講述故事，或領導小組活動。

每逢星期四使用該校園圖書館的學童多為華裔兒童，如果能有一兩位華人家長願意在該日義務協助潘娜彬女士，就算祇能工作一兩小時，亦對華裔學童有極大裨益。

倘若你能義務協助該項工作，請撥電話二六七·二六二六，波士頓學校義工組第七區負責人太衛哥頓先生或與昆士學校圖書館主任潘娜彬女士接洽。

